

## COMMODITY DISTRIBUTION Fact Sheet

**Name:** Grapes

**Product Description:**

Red or green grapes are individually portioned for easy serving. Grape bunches should be well-colored with plump berries firmly attached to green pliable stems. Green varieties are best when yellow-green in color and red varieties are best when all berries are predominantly red.

**Peak Growing Season:**

May through December

**Uses:**

Best eaten fresh. Also, used in salads, deserts, and in main dishes. Can be used as a garnish and snack.

**Preparation:**

Rinse and serve.

**Storage:**

Optimum storage temperature is 32-34 degrees Fahrenheit, with a relative humidity of 90-95 percent. Cartons should be stored off the floor to allow for adequate air circulation. Do not get them wet; wash just before serving.

**Best if Used By:**

Grapes will keep for three to five days in the refrigerator.

**Nutrition Facts:**

A 3 oz serving of Grapes, provides:

Calories	55.5	Iron	0.16mg
Protein	0.6 g	Calcium	6.6 g
Carbohydrate	14.8 g	Sodium	1.2 mg
Fat	0.6 g	Dietary Fiber	0.6 g
Saturated Fat	0 g	Vitamin A	5 RE
Cholesterol	0 mg	Vitamin C	6.5 mg

**Sources of Information:**

[www.produceoasis.com](http://www.produceoasis.com)

[www.pma.com](http://www.pma.com)

[www.tablegrape.com](http://www.tablegrape.com)

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